



emphasis: ^{Y O U R}health

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20 Commandments for Uchee Piners

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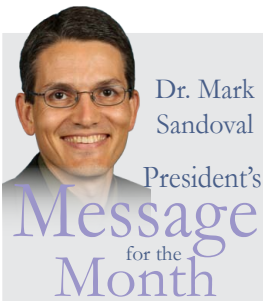
Spring Seminar

1. Thou shalt succeed with thy NEWSTART only with God's help.
2. Thou shalt remember; if thou cometh to the cross your past is forgotten for Christ is now the victim who bears your burdens and sets you free to live Christ-like.
3. Thou shalt exercise mind, body, and spirit; and enjoy nature.
4. Thou shalt keep God's laws and renounce self.
5. Thou shalt take from God and give freely.
6. Thou shalt look to God for all your needs: love, acceptance, security...
7. Thou shalt rebuke distress and embrace eustress, for you are not the victim.
8. Thou shalt respond to stress with prayer, rejoicing, praise, humility, and faith.
9. Thou shalt get rid of the cause to eradicate its effects.
10. Thou shalt smell the aromas in cooking school and remember recipes of Godly love.
11. Thou shalt remember the safest foods are the ones you grow yourself.
12. Thou shalt daily strive for a new heart with God's help; the old heart cannot be made better.
13. Thou shalt remember that a merry heart is like a medicine.
14. Thou shalt stay connected to God through prayer, meditation, study, and memorization.
15. Thou shalt minister to the needs of others with love—even your enemies—for such is God's love.
16. Thou shalt prepare and use your three index cards to God's glory.
17. Thou shalt think positively, as thou canst do all things through Christ who strengthens you.
18. Thou shalt eat to live according to your Godly plan.
19. Thou shalt remember that you possess nothing, you produce nothing, and you are not your own.
20. Thou shalt remember that if you kick God's plan aside, you are not kicking Uchee Pines, you are kicking Jesus.

*Works Cited: Uchee Pines' lectures and classes
By Lois Johnson-Roberts, Lifestyle Guest, Oct. 2015*



For more information on Uchee Pines, visit our website,
www.uchee-pines.org, or call, 1-877-UCHEEPINES.



Dr. Mark Sandoval

President's Message for the Month

I wish that you could join us at our Farewell Meetings and listen to the testimonies of the guests who have completed their session at our Lifestyle Center. The comments that we hear most frequently are, "This is a piece of heaven on earth," and "You are all a bunch of angels." People are amazed that there is a place on earth where people are so consistently loving and caring.

However, we recognize that we are sinners in need of a Savior. We fail and falter in our own lives. Yet, to see that the Lord works through us in such a way that others see Jesus—and not us—is amazing and humbling. It is wonderful to be a part of a work that reverses physical diseases while at the same time reaching to the needs of the soul.

It is our privilege and joy to be able to share God's love and healing with you and your loved ones. Thank you for that privilege.

Harvest Is Great

REACHING OUT TO THE COMMUNITY

by Kimberly Kodimer



And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people." (Matthew 4:23) Jesus, discerning the important work that needs to be done in this world, said, "The harvest truly is great..." (Luke 10:2)

In January, seven Lifestyle Educator trainees began the 6-month course. As a part of their training they go out into the community to give Health Surveys, and already they have secured two Bible study contacts.

Some of the new Hispanic members have a burden to establish a Spanish church in a neighboring city and they are pursuing that endeavor. Through the years Uchee Pines has had a part in planting several churches in the area, centers of healing for sin-sick souls.

Each week at Country Life, our health food store and vegetarian restaurant in Columbus, Georgia, Bible studies are held, both collectively and one-on-one. This is in addition to the weekly health classes.

Two-hours away from Uchee Pines a weekly cooking class is being held. Attendance has been consistently in the 30s. "We are so thrilled with what we are learning," said one of the ladies. "I'm going to share this with others!"

At the women's shelter as well as the Public Library, programs of health and healing are being given every week. The people are soaking up the information.

Doors are opening for the gospel to be shared, and we here at Uchee Pines are endeavoring to walk through them. But in order to keep moving forward we need your support. If you would like to be a part of this great work, visit our website or give us a call to donate: www.ucheevines.org OR 334-855-4764.

Please pray for these projects. "The harvest truly is great."

PEACE

WHERE CAN IT BE FOUND?

by Duthier Jean-Pierre, Jr.

Think of your favorite item. It could be a car, house, piece of clothing or a food item. Now, does it make you happy and does it provide a sense of peace? If the answer is yes, how long does that happiness and peace last? It seems that everything we hope and long for does not give us the true peace that we seek. We sometimes work tirelessly to gain peace, yet to no avail. So, is peace a figment of the imagination? Is it something we talk about but never really have? Or are we just looking in the wrong place? Where can true peace be found—peace that, amid all the cares of life, you know everything will work out; and peace that calms the soul through the fiercest storm, even while tempest beats against you? Is such peace possible?

In the word of God, our loving Creator makes this beautiful promise, "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." (John 14:27) If Christ offers this peace so freely, why is it that we do not have that experience daily? We must be missing a key component. The book of Isaiah gives us the answer, "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the Lord for ever: for in the Lord Jehovah is everlasting strength." (Isaiah 26:3-4)

The answer always points back to Jesus, because He is the world's greatest problem solver. Amid whatever perplexities we have, if we will keep our mind stayed (focused, set) on Jesus, if we will trust Him fully, He will give us the tranquility that so many yearn to have.

In this world full of stresses and trying circumstances, the peace that Jesus offers is so essential. Stress has a detrimental effect on our bodies. Studies have shown that stress can lead to obesity, high blood pressure and diabetes; yet with Christ it's diametrically opposite. We can have life and have it more abundantly. This He promises us not only in our life here and now but also in the life to come.

Let us strive to follow the key component—keeping our mind stayed on Jesus, trusting in Him fully—so we can have heaven's peace. Let us fix our eyes on Him and as we do so, we will be imperceptibly changed into His likeness.



Healthy Cheesecake

- 1 c. shredded coconut (or granola, grape nuts, etc. This is to sprinkle on bottom of dish)
- 4 c. millet FRESHLY cooked/still hot!
- 1 3/4 c. apple or pineapple juice
- 1/3 c. dried pineapple
- 1/2 c. cashews or blanched almonds
- 2 t. vanilla flavor
- 1/8 t. lemon oil, opt.
- 2 pinch salt

Sprinkle coconut or granola on bottom of 3 qt. pyrex dish. Blend remaining ingredients. (Check by rubbing it between your fingers to see if there is anything gritty left.) Pour evenly over bottom of dish. Quickly blend second half of recipe and pour over the top. (If you take too long, the first layer will start setting up and your pudding will not hold together.) Let set in refrigerator for 1-2 hours before adding fruit sauce or pie filling. Chill over night or at least 6-8 hours before serving. Serve cold. Enjoy!



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